

The 2021 Paddling Season

Membership Fees

Any support for the club is welcome during these challenging times. All members are encouraged to consider paying their SNCC membership fees (in full or in part) despite another altered paddling season.

Free On-Line Workouts

Online workouts with Tim and Gwen are extended until the current Stay at Home order is lifted on May 20th.

Join Tim on Mondays, Wednesdays, and Fridays at 6:30pm here: <https://us02web.zoom.us/j/83732991492>

Join Gwen Tuesdays at 7:00pm and Saturdays at 9:30am here: <https://us02web.zoom.us/j/88545575160>

Free Paddling Technique Sessions

On Friday May 7th from 7:00-8:00pm consider joining a Zoom paddling technique session with Coach Gwen.

You will need a broom and a chair. Please register for the [Paddling Technique sessions here](#). You will be sent the Zoom link for this session upon registration. If you are unable to join on Zoom, the session will be recorded and available on our website. Link to follow.

Canoe/Kayak Season

Contact KC via kcfraser@southniagaracanoecub.ca for updated start dates and possible caps on class sizes.

Dragon Boat Season

In this third wave of the covid pandemic, it is not expected for Dragon Boats with full crews to be on the water until August. Read further in the Catch for paddling options for Dragon Boat athletes in OC-1's. Coaches Janet and Evan are planning dry-land workouts with possible on-water sessions. Stay tuned for more details.

Canoe Kids Camp

The first week of camp is set to start June 28. Due to Covid-19, Canoe Kids Camp registration is currently capped at 10 campers per week. Wait lists will be kept, and if the regulations allow, we will increase the limit. A two week Novice Racing camp is also available for registration with a limit of 10 campers. Refer to SNCC.CA for more details.

***The Catch** shares news about SNCC and its members
So you can **stay connected** with SNCC and its members.*

Introducing Coach Joan

SNCC member Joan Crawford is another new dragon boat coach on the Paddles Up! UNLIMITED team. Congratulations on your new role! Thank you for taking time to answer questions for the Catch.

- **How did you get involved with paddling sports?**

- I went to camp in Port Sydney for the entire summer from the age of seven until I was thirteen. Canoeing and swimming were huge. Canoe trips included portages, rapids, days of paddling, and so much fun.

- I grew up in Burlington about a 5 km walk from Mohawk Canoe Club, the same club that Doug Jones started paddling – albeit years and years and years apart! We paddled on Lake Ontario. When the Lake was too wavy, we would walk the war canoes, C-boats and kayaks, over the beach strip to Hamilton Bay to practice. Back then the bay was known for leaches so we learned about boat balance very quickly!
- A war canoe was the first boat I was in. The stroke has changed so much since then . . . of course that was so long ago we barely had television!! I paddled sprint kayak K1, K2 and K4 as well.



- **How did you get involved with dragon boat?**

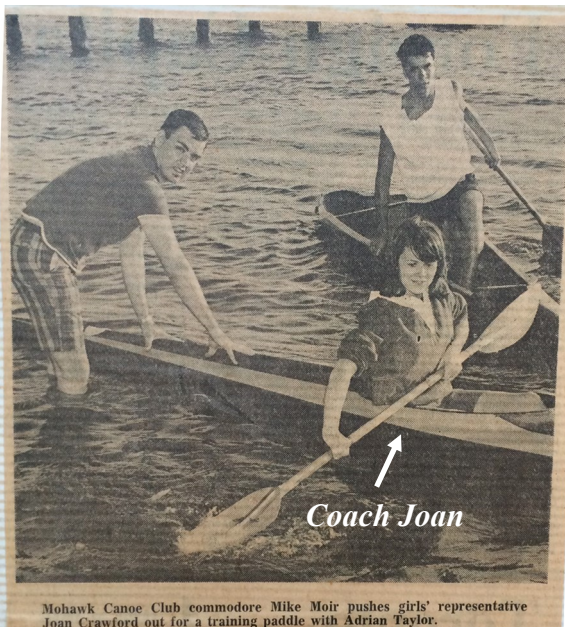
- After University I came to Niagara. I heard about rowing not paddling. Life happened. I didn't try rowing until I was fifty. Recreational first, then competitive masters, out of Notre Dame Rowing Club down the Welland Canal near Woodlawn Avenue during the summer it was built.
- The most fun was 'head racing'. They are fairly long distance races against the clock. The boat completing the course in the shortest time in their age, ability and boat-class category is deemed the

winner. My favourite regatta was "The Head of the Charles" in Boston. Incredible. Ten thousand participants from 24 countries. You maneuver through: numerous bridges; 'S' turns; hair pin turns; lanes; rules about passing, etc. Gruelling but fun!

- While rowing on the Welland Canal I saw dragon boats. It seemed peculiar that they would 'sit' while paddling. In a war canoe one knee is down on a knee pad/bun and the other leg lunging forward. I wanted to give it a try.

- **How did you get involved in coaching dragon boat?**

- The Commodore/Board of Directors asked me if I'd like to take the course.



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- **Can you share a memorable paddling experience and what you learned from that experience?**

- I was lucky to have Sally Rennick as a coach. What a wonderful introduction to dragon boat paddling. To be a part of something way, way bigger than yourself and yet feel the oneness of commitment, and drive as the boat moves. It is so fulfilling. We are all so very different - until we step in the boat!

- **Can you share a memorable coaching experience and what you learned from that experience?**

- 2018 was the first year SNCC offered dragon boating for special needs individuals. Along with many other dragon boat paddlers, I volunteered to help. Those Friday nights were so much fun! The joy was contagious. The glow lasted all week!

- **How long have you been with SNCC?**

- I joined in 2016.

- **What is it like being with SNCC?**

- SNCC is very inclusive. I felt that from the first visit. It is a place to unlock potential – and not just 'paddling' potential. So many members strive to achieve a higher standard in both paddling and personal performance. There are so many volunteer opportunities within SNCC. Each of us has so many diverse attributes to augment 'our club'. The more we 'put in', the better it becomes.

- **What do you hope to accomplish as a dragon boat coach at SNCC?**

- I don't think just taking a course makes you a coach; but, I think it does enable you to define what success means, what's important to you, and what it could look like. I hope I can help focus the *Paddles Up!*

- *UNLIMITED* paddlers to maximize their natural gifts, their performance, and help them learn.

- **It feels like this could be an exciting year for SNCC. We can all help.**



Cross CKO Sprint Challenge



There is no further mention of the Cross CKO Sprint Challenge on the Canoe Kayak Ontario website [Canoe Kayak Ontario Sprint - Home \(ckosprint.ca\)](http://Canoe Kayak Ontario Sprint - Home (ckosprint.ca)). But as a matter of interest, here is a brief description of the final clubs in the challenge. It was interesting for me to learn about some of the different Paddling Clubs all across our province. Much information was from [Canada's Sprint Canoe Clubs \(cfly.ca\)](http://Canada's Sprint Canoe Clubs (cfly.ca)).



18 Serving the communities of Nipissing and was founded in 1968 after canoeing was discontinued at Toronto Sailing [Club]. The new club building was built in 1985. North Bay committed to the promotion of recreational and competitive flat water canoeing and kayaking and accommodates all ages and levels from novice to elite.

The **Sydenham Lake Canoe Club** began in 2000 as an extension of the **Cataraqui Canoe Club** in Kingston, resurrecting a canoeing tradition dating back to the turn of the century. Sydenham offers sprint canoeing along with adult war canoe and kids summer camp in June. The site of Sydenham Lake has been developed into a superb racing course.



20 The **Gananoque Canoe and Motorboat Club** was established in 1906 by a gang of boys who loved to canoe on the weekends. From those humble early days, the club went on to win three consecutive national championships. Gananoque continues to provide canoeing and kayaking programs out of the John Wing Clubhouse for the Gananoque community east of Kingston.

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21 The **Carleton Place Canoe Club** is the oldest continuously active club in Canada. Their rich canoeing history has served the Carleton Place community since starting out as the *Ottawa Valley Canoeing Association* in 1893. The name change (and likely a reorganisation) to Carleton Place Canoe Club took place in 1899. Carleton Place also has the distinction of being the longest continuously ratified member of the CCA since its inception in 1900. The club's activities focus mainly on flatwater and dragon boat racing, as well as masters paddling.



The Arnprior Dragon Boat Club (ADBC) was founded in 2011 and is a community service organization dedicated primarily to inspiring health and fitness through the sport of Dragon Boating. ADBC is a volunteer not-for-profit organization serving Arnprior and the surrounding communities.

23 The **Ottawa River Canoe Club** formed in 2003, although many clubs have operated on the river under a similar name for years. The club is situated near Dunrobin at the north end of Lac Deschênes. Programs include recreational canoeing, sprint canoe/kayak and dragon boating.



24 The **Rideau Canoe Club** first began in 1902 on the Rideau Canal. Within a couple of months of conceiving the idea for the club, paddlers secured a war canoe, practised incessantly, gained last-minute entry into the Association and won third place at the Dominion Championships. The club spent some years as the *Rideau Aquatic Club* from 1910 to 1946 but reverted to the original name Rideau Canoe Club after relocating in 1946. Rideau has won eight national championships and has hosted the championship regatta on numerous occasions, being the sole host from 1947-1966 inclusive. The original clubhouse, erected in 1905, sank into the canal in 1944 prompting the "Rideaus" to relocate to Mooney's Bay. A new structure was eventually built in 1980 and expanded further in 2010. Rideau boasts one of the finest canoeing facilities in the country, including both course and premises.

25 The **Petrie Island Canoe Club** began in 2013 as a satellite summer camp program of the **Rideau Canoe Club**. With the growing popularity of canoe-kayak in the nation's capital, after three years of growth, the organisation opted to take out separate membership in Canoe-Kayak Canada with the help of its parent club and other local clubs and organisations in the Greater Ottawa region.



May Birthdays



Canal Dragons
Lynn McLeod

Developmental Canoe/Kayak
Alexandra Nickel
Gianni LoStracco



Masters Canoe/Kayak
Sarah Byers

Parent of Paddlers
Marc Pigeon

Coach/Past Commodore
Brian Roy

Update from the Board of Directors

Grants

- SNCC is the recipient of the **Trillium Resilient Community Fund** and of the **Canada Summer Jobs Grant**. This money will help ensure that the Canoe Kids Camp is financially viable throughout 2021 and beyond.
- As well, the **Trillium Grow Grant** provides SNCC with a marketing budget to grow our club and an equipment budget to support our dragon boat program. To that end, SNCC is purchasing up to six OC-1's (out-rigger canoe, seats 1 paddler) for delivery mid to late June.

OC-1's

With the new OC-1's, up to six dragon boat paddlers could be on the water at one time and be physically distant as they practice their dragon boat stroke.



An example of an OC-1

We hope that many dragon

boaters will take the opportunity to sign up to paddle and train in an OC-1 over the summer. KC will be developing OC-1 programming and a rental schedule. More information to follow.

A screenshot of the South Niagara Canoe Club website. The header includes navigation links: HOME, PROGRAMS, SUMMER CAMPS, HOPE FLOATS, RENTALS, REGISTER NOW. The main heading is "SOUTH NIAGARA CANOE CLUB" with the tagline "YOUR DESTINATION FOR PADDLING SPORTS". Below this are links for STORE, NEWSLETTER, COVID-19, SUMMER CAMPS, JOIN US, and DONATE. A text block describes the club's programs: "SNCC has Sprint Canoe/Kayak and Dragon Boat programs suited to those trying a boat for the first time, Olympic hopefuls and everyone in between. Sprint Canoe/Kayak is an Olympic sport that combines strength, endurance, and technique for singles and crew boats. Dragon Boat Paddling is a team sport with crews of up to 20 paddlers." Below this is an invitation: "We invite you to come paddle with us. Join us for a free learn to paddle session or come watch anytime. We hope you enjoy it as much as we do!" At the bottom are two green buttons: "REGISTER HERE FOR CANOE KIDS CAMP" and "CHECK OUT OUR PROGRAMS HERE".

New and Improved Website

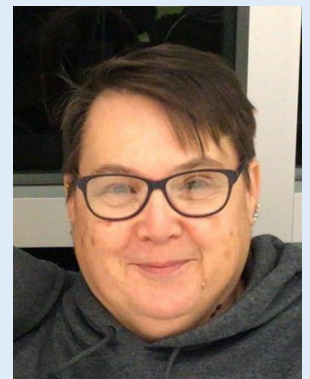
Visit [SNCC.CA](https://sncc.ca) and feel free to provide feedback on the new look. It is hoped that the new design is more cohesive and polished as well as organized, easy-to-navigate, and informative.

Call for Volunteers

Any members who can help translate any part of our website into French are appreciated. Contact admin@sncc.ca for more details.

Congratulations ParaPaddler, Shelley Gilbert

The Brock Niagara Penguins provide recreational and competitive sport opportunities for youth and young adults with disabilities. They recently announced their "Penguin of the Year Award" as Shelley Gilbert. This award exemplifies good sportsmanship, leadership, and dedication. Shelley's work as an ambassador for the Penguins' virtual programs for parasport athletes made her a great choice for this honour. Read more about Shelley and the Brock Penguins program at www.niagarapenguins.org/beta.



There is still time to join at www.sncc.ca/bookclub

Join the SNCC BOOK CLUB



Sunday, May 2 at 2:30 pm

Land Mammals and Sea Creatures
by Jen Neale

The author will be joining the discussion!

Carolyn Swan are leading this.

Sign-up at www.sncc.ca/bookclub or go to the members only page and click on SNCC Book Club.

Next book:

Washington Black

By Esi Edugyan

The 2018 Scotiabank Giller Prize-winning author discusses how the themes of freedom, brutality and steampunk adventure fit together in her latest book.

A message from Scott Murray, President, Dragon Boat Canada

An email to SNCC members, April 26, 2021.

Dear DBC Member

Back then I didn't realize how important, how useful, how tangible perseverance was. My first year in the sport of paddling was 1993. At our club celebration banquet I was honoured with the 'Perseverance Award.' What I remember most about that moment was getting a raucous applause from my teammates, that was a special moment. I was starting my paddling journey in flatwater kayak and it was obvious that I received the award because I had fallen into the river more times that summer than anyone expected, who knows, maybe I set an unwritten record. As the award was literally named, I was being rewarded not for my skill and excellence, but for not giving up.



I didn't know perseverance was such a terrific skill at that time. It was just something I was willing and able to do. To believe that if I kept trying, I would eventually get the hang of it. As my athletic journey has unfolded, I now realize what a gift and opportunity perseverance is.

The Covid-19 pandemic has knocked us out of our collective boats. It is at its peak of frustration with new lockdowns, postponements, and cancellations. So there is no greater skill, no greater aptitude that we can access now than our collective perseverance. Remembering that as many times as we are knocked out, the boat will be right there waiting for us to paddle again. That our perseverance will be rewarded with a raucous ovation and our next dragon boat journey will be our greatest, because it will demonstrate our perseverance.

Dragon Boat Canada continues to plan, to build for a safe return to our sport. Your continued patience, passion and perseverance is critical to our sport's return.



Paddles Up!
Scott Murray

Next issue: June 2021

Pictures and story ideas for **The Catch** can be emailed to Kathleen:
kat_reardon@hotmail.com



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Instagram



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SNCC.CA